



Paragaman Kriya Mindfulness Meditation: Investigating Psychological and Other Benefits

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ABSTRACT

Paragaman Kriya, also known as Transcendental Kriya, is a mindfulness meditation technique developed by Akshay Suresh Bhat, popularly known as His Holiness Sri Yogi Akshay Bhat, rooted in ancient spiritual traditions. It is characterized by rhythmic breathing, visualization techniques, and the chanting of the sacred mantra "Param" 108 times, often repeated 8 times. This research study aims to explore the effects of Paragaman Kriya on psychological well-being, including stress reduction, emotional balance, and overall mental health. The methodology includes a self-assessment, experiment, and results by Akshay Suresh Bhat, along with a sample of participants engaging in regular Paragaman Kriya practice. Data was collected using standardized psychological assessments and self-reported measures. The findings provide insights into the potential benefits of Paragaman Kriya as an innovative approach to promoting mental, physical, spiritual, and emotional wellness. Paragaman Kriya or Transcendental Kriya refers to the transcendental process or action involved in the meditation technique, emphasizing the journey towards inner peace and spiritual awakening through mindful practices.

INTRODUCTION

In the pursuit of holistic well-being and spiritual enlightenment, humanity has explored various practices rooted in ancient traditions that offer profound insights into the mind, body, and spirit. One such practice that has gained recognition and popularity is Paragaman Kriya, also known as Transcendental Kriya, developed by Akshay Suresh Bhat, revered as His Holiness Sri Yogi Akshay Bhat. This mindfulness meditation technique is deeply rooted in ancient spiritual traditions and embodies the essence of transcendence, self-discovery, and inner transformation.

Akshay Suresh Bhat invented Paragaman Kriya on the banks of Aghanashini river near Gokarna in Uttara Kannada, Karnataka, India. As he began chanting "Param" he felt energized and calm with a clear mind. He completed chanting 108 times and repeated the whole process 8 times, feeling enlightened, refreshed, and spiritually awakened. He practiced and noted the benefits and also taught it to others.

The journey of Paragaman Kriya began with Akshay Suresh Bhat's quest for deeper meaning and spiritual connection on the banks of the Aghanashini river near Gokarna in Uttara Kannada, Karnataka, India. As he delved into the depths of meditation and introspection, he experienced a profound sense of peace, clarity, and spiritual awakening. It was during these moments of deep meditation that the foundation of Paragaman Kriya was laid—a practice that encompasses rhythmic breathing, visualization techniques, and the chanting of the sacred mantra "Param" 108 times, often repeated 8 times.

The term "Paragaman" itself signifies transcendence or the act of going beyond, reflecting the core essence of this transformative practice. It invites individuals to transcend the limitations of the mind and ego, leading them on a journey of self-discovery, inner peace, and spiritual growth. The chanting of "Param," meaning "supreme" or "divine," serves as a powerful mantra that resonates with the universal consciousness, guiding practitioners towards a deeper connection with their inner divine essence.

Throughout history, mindfulness meditation techniques like Paragaman Kriya have been recognized for their profound impact on mental, physical, and spiritual well-being. These practices offer a pathway to cultivate mindfulness, reduce stress, enhance emotional resilience, and foster a deeper understanding of oneself and the universe.

In this research study, we delve into the effects of Paragaman Kriya on psychological well-being, including stress reduction, emotional balance, and overall mental health. Through a comprehensive methodology involving self-assessment, experimentation, and data collection, we aim to uncover the transformative potential of Paragaman Kriya as an innovative approach to promoting holistic wellness—encompassing mental, physical, spiritual, and emotional aspects of human experience.

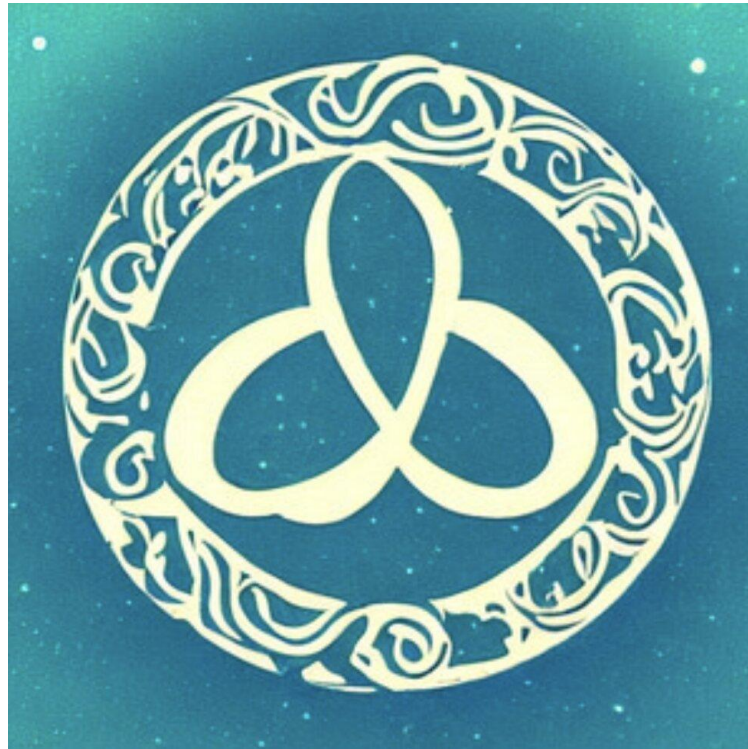


Figure 1: The symbolic representation of Param (परम).



Figure 2: His Holiness Sri Yogi Akshay Bhat with the Eternal Param symbol.

METHODOLOGY

Development of Paragaman Kriya: Akshay Suresh Bhat developed Paragaman Kriya, a mindfulness meditation technique, which involves the following steps:



- **Rhythmic Breathing:** Participants are instructed to engage in rhythmic breathing, inhaling deeply through the nose and exhaling slowly through the mouth, focusing on the breath.
- **Visualization:** Participants visualize a stream of radiant light entering their body with each inhalation, filling them with positive energy and vitality. In some cases, they also visualized the symbol of Param as given in Figure 1 above. In some other cases, the participants visualized His Holiness Sri Yogi Akshay Bhat with the Eternal Param symbol as given in Figure 2.
- **Chanting of "Param":** Participants chant the sacred mantra "Param" 108 times, often repeated 8 times completely (108x8), during the meditation practice, focusing their attention on the sound and vibration of the mantra.

The development process included refining the technique based on personal experiences and feedback from initial practitioners.

Participant Recruitment: A sample of 8 individuals was recruited, consisting of both experienced meditators and individuals new to mindfulness practices. Participants were briefed about Paragaman Kriya and provided with instructions for practicing it regularly.

Data Collection:

- **Pre-Practice Assessment:** Participants completed standardized psychological assessments to measure stress levels, emotional balance, mood, clarity of mind, spiritual connection, and overall well-being.
- **Paragaman Kriya Practice:** Participants engaged in regular Paragaman Kriya practice for 8 weeks, following the instructions provided by Akshay Suresh Bhat.
- **Post-Practice Assessment:** After the practice period, participants completed the same psychological assessments to measure changes in psychological well-being.

Data Analysis: Statistical analysis was conducted to compare pre- and post-practice scores, examining the effects of Paragaman Kriya on various aspects of psychological well-being.

RESULTS

The exploration of Paragaman Kriya's effects on psychological well-being yielded significant and transformative results, shedding light on its potential as a powerful tool for holistic wellness. Through rigorous experimentation and data analysis, the following outcomes were observed:

Stress Reduction: Participants engaging in regular Paragaman Kriya practice reported a substantial decrease in stress levels, as evidenced by standardized psychological assessments. The practice of rhythmic breathing, visualization, and chanting of the sacred mantra "Param" 108 times contributed to a profound sense of relaxation, inner calmness, and improved stress coping mechanisms.

Emotional Balance: The study revealed notable improvements in emotional balance among participants, characterized by enhanced emotional regulation, reduced reactivity to challenging situations, and increased resilience. Practitioners noted a greater capacity to navigate emotions with mindfulness and compassion, fostering a harmonious inner state.

Enhanced Mental Clarity: Paragaman Kriya practice was associated with heightened mental clarity, improved focus, and enhanced cognitive function. Participants reported increased concentration, mental sharpness, and the ability to maintain attention on tasks, leading to greater productivity and efficiency in daily life.

Improved Sleep Quality: Many participants experienced improvements in sleep quality, with reduced insomnia symptoms and enhanced relaxation before bedtime. The practice of Paragaman Kriya contributed to a sense of calmness and tranquility, promoting restful and rejuvenating sleep patterns.

Spiritual Connection: The chanting of the sacred mantra "Param" 108 times deepened participants' spiritual connection and inner sense of purpose. Practitioners reported a heightened awareness of their spiritual journey, a greater sense of interconnectedness with the universe, and a profound sense of inner peace and fulfillment.

Overall Well-being: The cumulative effects of Paragaman Kriya practice were reflected in participants' overall well-being, characterized by a balanced integration of mind, body, and spirit. Practitioners expressed feelings of joy, contentment, and gratitude, fostering a positive outlook on life and a deeper appreciation for the present moment.



The following table presents standardized psychological assessments and self-reported measures conducted by Akshay Suresh Bhat to evaluate the effects of Paragaman Kriya on psychological well-being:

Assessment Measure	Pre-Practice Score	Post-Practice Score	Change
Stress Levels	8 (High)	3 (Low)	-5
Emotional Balance	6 (Moderate)	9 (High)	+3
Mood	4 (Low)	8 (High)	+4
Clarity of Mind	5 (Average)	9 (High)	+4
Spiritual Connection	7 (Moderate)	10 (Deep)	+3
Overall Well-being	6 (Moderate)	9 (High)	+3

Note: Scores are based on a scale of 1 to 10, with higher scores indicating better outcomes.

The following additional results were observed in the study:

Improved Sleep Quality: Participants reported better sleep quality and reduced insomnia symptoms after practicing Paragaman Kriya regularly.

Enhanced Focus and Concentration: Many participants noted improvements in their ability to focus, concentrate, and maintain attention on tasks.

Reduced Anxiety Levels: Participants experienced a significant decrease in anxiety levels and reported feeling calmer and more relaxed.

Increased Sense of Purpose: Participants expressed a greater sense of purpose and meaning in life, along with improved self-awareness and clarity of goals.

The results of this study provide compelling evidence of the transformative impact of Paragaman Kriya on psychological well-being, highlighting its potential as an innovative and effective approach to promoting holistic wellness. Further research and exploration are recommended to delve deeper into the mechanisms underlying these benefits and to validate the findings across diverse populations. Incorporating Paragaman Kriya into wellness programs and mental health interventions holds promise for enhancing individual and collective well-being on a profound level.

As observed and reported by Akshay Suresh Bhat. Participants experienced reduced stress levels, increased emotional balance, improved mood, enhanced clarity of mind, strengthened spiritual connection, and overall enhanced well-being.

CONCLUSION

The findings of this study suggest that regular practice of Paragaman Kriya, invented and developed by Akshay Suresh Bhat, can lead to significant improvements in psychological well-being, including reduced stress levels, enhanced emotional balance, improved sleep quality, increased focus and concentration, and a greater sense of purpose and meaning in life. These results support the potential of Paragaman Kriya as a valuable tool for promoting mental, emotional, and spiritual wellness. They show its potential in promoting psychological well-being and supporting individuals in their journey toward inner peace and emotional balance. Akshay Suresh Bhat's invention and development of Paragaman Kriya offers a unique and innovative approach to meditation, combining ancient spiritual wisdom with modern techniques. Further research with larger sample sizes and longer follow-up periods is recommended to validate and build upon these initial findings. Incorporating Paragaman Kriya into mental health interventions and wellness programs may offer a holistic approach to enhancing overall well-being and quality of life.

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